

Senate Concurrent Resolution No. 27

RESOLUTION CHAPTER 67

Senate Concurrent Resolution No. 27—Relative to physical education.

[Filed with Secretary of State June 20, 2003.]

LEGISLATIVE COUNSEL'S DIGEST

SCR 27, Speier. Physical education.

This measure would encourage state and local governments and local educational agencies to provide high-quality daily physical education programs for all children in kindergarten and grades 1 to 12, inclusive.

WHEREAS, Physical education is essential to the development of growing children; and

WHEREAS, Physical education helps improve the overall health of children by improving their cardiovascular endurance, muscular strength and power, and flexibility, and by enhancing weight regulation, bone development, posture, skillful moving, active lifestyle habits, and constructive use of leisure time; and

WHEREAS, Physical education increases children's mental alertness, academic performance, readiness to learn, and enthusiasm for learning; and

WHEREAS, Physical education helps improve the self-esteem, interpersonal relationships, responsible behavior, and independence of children; and

WHEREAS, Children who participate in high-quality daily physical education programs tend to be healthier and more physically fit; and

WHEREAS, Physically fit adults have significantly reduced risk factors for heart attacks and strokes; and

WHEREAS, The Surgeon General, in "Objectives for the Nation," recommends increasing the number of mandated physical education programs that focus on health-related physical fitness; and

WHEREAS, Physical education programs and curricula should provide for the special needs of pupils in poor physical shape or pupils with physical disabilities or learning disabilities; and

WHEREAS, A high-quality daily physical education program for all children in kindergarten and grades 1 to 12, inclusive, is an essential part of a comprehensive education; now, therefore, be it

Resolved by the Senate of the State of California, the Assembly thereof concurring, That the Legislature hereby encourages state and local

governments and local education agencies to provide high-quality daily physical education programs for all children in kindergarten and grades 1 to 12, inclusive; and be it further

Resolved, That the Secretary of the Senate transmit copies of this resolution to the author for appropriate distribution.

